

Wellness Notes

Workout Ideas for Couples Part II

By Nicole Nichols, Fitness Instructor

The Benefits of Exercising with Your Partner

Wondering how working out with a partner can work, especially when you're both at different fitness levels? **Here are some great ideas to get you started:**

- Sign up for a class together. Consider trying something new that interests you both: an indoor walking program, yoga, adult swim lessons, or other sports.
- Do cardio that allows you both to work at your own intensity level. Group classes that cater the workout to your individual fitness levels, meaning that you both get the workout you want—easy, challenging, or somewhere in the middle.
- Do cardio side-by-side. At the gym, simply pick two cardio machines next to each other and work towards your individual goals. You'll be together but can each work at your own speed, intensity, incline and resistance level.
- When walking outside, try intervals. If you are a slow walker and your partner is faster, intervals will be perfect for both of you. Work at one partner's faster pace for a few minutes, and then recover at the other person's slower pace. Intervals are also a great way to improve your fitness level and speed over time.
- Stretch together. Assisted stretching major benefits for your flexibility. Giving your partner a gentle tug or soft push in one direction can be helpful—just don't overdo it.
- Enjoy the great outdoors. Create a more active lifestyle together by picking up new hobbies. While these may not always count as traditional cardio or strength training, every bit of activity you do will benefit your body and your health. Recreational cycling, camping, or just enjoying a nice, leisurely walk at the end of the day—all of these beat an evening in front of the TV.
- Change it up. Try your partner's exercise ideas just as you want them to try yours. If you have trouble agreeing, compromise. Do your walking routine on one day, and your partner's upper body strength routine the next. Be open-minded, but keep your partner's needs (fitness level, goals, comfort level) in mind.

REMEMBER: A healthy lifestyle improves your quality of life and independence.